

DISCUSSION ON FATHER TIME  
AND OF DIFFERENT FORMS OF EXISTENCE

INTRODUCTION: Welcome to another Explorer Tape from the recording files of research at the Monroe Institute. For those of you who have not heard, this recording is of a verbal communication between an individual in a sensory isolation chamber, whom we call an Explorer, and a monitoring technician in a nearby control room.

The Explorer has moved into another state of consciousness using methods developed by the Institute. No drugs, chemicals or electrical stimulation are used in these methods. However, the method does incorporate a synchronization of brain wave patterns in each hemisphere by a series of sound pulses... So, here is Explorer JCA, a professional in mental health services, reporting in.

EXPLORER (JCA): First of all, I went flying over a city, then I tried very hard to go visit my parents, and I felt I was there briefly, but then snatched away. I felt like my presence was in both places... but it was not meant for me to stay... and I went back... like I returned to the world I usually go to and then met Father Time... It was really neat... It was a little man with a long, white beard, and I asked him who he was and he said Father Time. I said: «You've got to be kidding me...». He said no, and I said: «Well, you look human... you know, and why are you here?» All he said was that he was a guide to help people like me to see past and future, and to be aware of it.

Then I saw flashbacks of the past and then I saw future. And the future of the Earth was like the past, in that the whole Earth was just scortched, burnt. Everything was black and there was nothing, nothing green, nothing pretty. And the kind of people I saw were like cavemen —well, not cavemen, but they were more animal-like, and then I said: «Why? Why is this happening, or why will this happen? Is there anything to prevent it?»

And he said the reason it's going to happen is that there is too much hate and hostility, and the only way to prevent it is for us to be thinking more about the arts and love and creative things, and less about war and hating each other and disliking one another. And I asked him how we got onto life, and he said to start paying more attention to the mind and where it can go, and not to prevent dying. He added that all the changes in medicine, or the things that happen in medicine, should help people ease pain, because our bodies as we know them just can't handle pain very well. And never to prevent dying... And I said: «But what about the transplants?» and he said that transplants, the technique or developing the technique are really in reality to help people develop their minds and to know how their body is constructed. But he is very concerned with the fact that the transplants are causing people to pay so much attention to keeping the body alive but not the mind. And the mind is still being ignored... Maybe I should wait a while for someone else, or maybe I should go see someone else. I'll tell you in a few minutes.

MONROE: *Time lapse: 32 seconds.*

EXPLORER: I've met... I guess I can best describe him as a little pygmee, or with a monkey-like face. He's very cute

and very friendly, and there must be around five of them... They sort of just circle around me and say that they are there to help and that... don't laugh at this, but they see me as a humanitarian leader in the world in the future.

They also tell me that there are presences —ethereal presences they call them— very intelligent, very clever beings, and definitely Earth's friends, who can procreate. On the other hand, the folks on Mars are Earth's enemy. They are hostile. Their intent is to make Earthlings aware of other people's presence beyond the Earth, but at the same time they come to visit Earth, they're the ones who take other people's bodies back to Mars... because they have no other way to increase their population. They don't need the physical bodies... they need the non-physical bodies...

MONROE: Was there any instruction as to how we can perceive these ones from Mars?

EXPLORER: No, somehow that doesn't seem important right now... like that information will come... and it just feels kind of nice to be in this space... just in space with these ... with these creatures around, and it's just something to come, but there is nothing that we can do about it right now or make it any faster.

MONROE: Very good. So you just relax and be, and perceive just as you have been doing and report.

EXPLORER: I didn't go any place else. They feel I have to absorb this information first. So I guess I better come back.

## SUBSEQUENT SESSION

EXPLORER: Hm... I'm telling my green men... I am practising going up and down to where they are. And I found out why he has this green robe: because he said that he doesn't need it, but that I need it to make myself more comfortable in communicating with him. And he says I still have some fears, so he still wants me to feel more comfortable with going in and out of my body.

I'm going to see if I can talk to him some more... He just kind of sat down and talked about me and where I'm at. He's telling me that he is my overseer and he's responsible for some of my growth and development. Other than that, he just said that he was my overseer, the contact in that reality or that personality.

Apparently, he's been through a lot of different lives and lifetimes, and I'm not sure whether I'm part of him or not. I kind of feel comfortable here: it's like where I really belong... and I felt this before... (*inaudible*) ... I call my «green men». It's not really «green men»... but green entities... or whatever.. I want to keep coming back here.

I think I've made some progress because this time I didn't need any folks to help me. I was just there seeing them... Earlier, when I asked him what he was doing here, he said «here» is something that you are trying to pinpoint. «Here» doesn't matter. I don't know why, but I really feel very tired... I feel like I'm ready to come back... Suddenly I noticed that it... yeah... before that it was like a flash; and before that I didn't notice, it was dark in here... I was surprised because it was just a flash of light that came all at once... It was weird!

MONROE: Debriefing, debriefing...

EXPLORER: We have to do the communication we are doing now many times during the day... We're living several lives simultaneously, and we have to become aware of those other lives, and integrate it into one... That the sound that you're using now ... we have to learn to communicate with lower sound, and eventually, without any sound, till it's perfectly quiet, because sometimes the sound distracts us and takes us away from communicating... That many people need to come to the lab to learn to communicate...

He put me in a void... I was completely surrounded by darkness, and my mind was just floating. I really couldn't feel my body, but just my mind, and he told me to really feel comfortable being in a void or blackness, and not to be frightened by it, but to be used to floating like that. He added there are also higher levels of communication that I have to learn, that I need to be aware of, and to pay less attention to my body and more attention to my mind... in fact we all should. This is how it came about, about practising... not so much practising but allowing your mind to go to this state many times during the day.

MONROE: *You might call this the «education» of JCA. And in another session, that education continued.*

EXPLORER: The first message I got was that I have graduated to a new level of communication. It's as far as I've gotten. I shouldn't say «new»... I should say «next» level... being together or meeting my other personalities... and I was just radiating where I was or am, mentally... and so I went back to that feeling or place... or whatever. And it was really

a great feeling. I was really very peaceful, really like I was part of a whole... And my guide was there and kind of smiled... a very satisfactory kind of smile... it was really neat! (*chuckle*)...

I was told of, or felt that I was going to meet my other personalities and feel the togetherness... but then I went back to a feeling of gloom... like something dreadful was happening or going to happen. I was seeing an ugly side—or what I would consider an ugly part of my personality—a really mean part of me... that I had to deal with; that I had to come to terms with. I mean this other personality is not.. is living in another place or another time, but integrating it. It's going to be difficult. And the gloom is part of the realization that I have that personality to put together, into the whole. And it's going to be hard. It's not going to be a happy time. It can be done. If the glimpse of this other personality is really (*emphasized*) what I see right now... ugh! She sure is ugly! and mean!

My guide is here watching all of this, while I'm realizing all this... She is what I would describe or consider a *witch*, and I asked him... where or when or... He said, in my terminology, she would be living in medieval times. And she hurt people, she tortured people. She was really mean to people, she had no feelings for people. She was really lives since then have been living through a time to deal with this hatred. It seems like I've been making the most success in this present lifetime here, and that that's why I'm being told of this other life (*chuckle*)... He's just told me that my being called a «witch» is really true... I really was a witch... not a witch witch... Oh, I had powers... and I really did hurt people with those powers.

My powers made people die; made them... all I can see is suffering... This personality is just screaming and screeching at people, making them physically and mentally hurt. Never did anything kind for people. She really hated them.

Wow! She could put awful thoughts in people's head. She turned ordinary drinks into poison. She could make people feel they were going crazy.. and make them go crazy... I don't quite understand this.. She used them... she drained them off from the whole personality... she made the decisions of making or trying to utilize this energy... her bad things, to see how far they would go... it was like she was aware... she really was aware of the powers and that they could be used for good...

Apparently, I radiate energy, but I don't realize that I radiate this energy... except for one thing that I know that I say to people... and that is, always expect the most in most people you work with or deal with, so that everyone will realize his greatest potential. Whenever I say that, I'm in the process of radiating energy to the person I'm speaking to, so that he really feels that he can do that, that he not only should be developing himself more, to realize his own potential, and people he works with... like I need to capitalize on that more, to really work with that more... like it's just a natural thing, and people really do feel that when I tell them that...

The first response is that I have an aversion to that, but I could do that. In fact, I do that unconsciously, and when I for example say there are jobs I would like to have, I'm really making that job available... but I kind of keep my distance... I kind of send it out to maybe a group of

people or a couple of people, but I'm really going to make that happen... and I can make that happen.... Maybe sometimes I'm overcautious because I don't want any badness to come from it or hurt to come from it... and I can do more... When I send a thought to somebody, I need to think about it and play it, to know what the possible consequences are, because I can do it. But right now, I'm very reluctant to do all this thinking... I'm kind of lazy about it.

And so the easiest way is not to do anything. And I really do... I can send those messages... but before I do send them I should really think about them. I'm playing and know... that's really the way I want to go...

And then I wanted to talk more about this personality, and personalities and oneness, and where it's all going... and I could see communication happening on different levels, to the point of... that there is one overall personality from which one being—or, if you want to say that—from which we all come from. And as we proceed in our level of understanding, we will gradually incorporate ourselves into this oneness.

Because of the psychic work here, we're more sensitive to our environment. And our environment with a lot of man-made materials saps our energy, takes away from our energy. I guess I went back and got a little more energy... and then I started to talk to my guide about nutrition and what I could do about my energy... and his biggest suggestion or recommendation is that I must start and should start, walking in areas where there are lots of trees—trees with leaves, not pine trees—and that I can get a lot of energy from those trees and from the grass... And definitely



it's got to be in the fields or the woods, and it's even better when there are a few trees around, rather than a lot of trees around...

The other thing, I was curious about oceans. I always get energy from oceans because they seem to be very relaxing to me. And he said oceans at high tide give you energy but when at low tide draws energy from you. So if you are at a low tide, or you're feeling kind of yucky, low tide is not a good idea at all.

The sun provides a unique kind of energy, and it appears to be especially good to those people in psychic healing. Psychic healing and the sun seem to go very much together. I guess I need to do a little more exploring. And then I'll come back...

MONROE: *Time lapse: 1 minute.*

EXPLORER: It's ok for me to hang around large groups of people for a short period of time, but not around large groups of people for long periods of time. It's too confining and not good for my physical health. And he's really concerned about my physical health.

MONROE: Ask your guide this question: Ask him what energy structure relationship there is between plant, animal and human life —physical life— and what structure of energy there is before and after given physical life.

EXPLORER: Hm... Ok, I will. But first, I need to tell about something he was doing to me while... to help me with this headache... he was telling me to focus on a white light, just like the white lights that are on some of the earlier

tapes. And then I should focus on this light when it explodes, so that light just bathes the upper part of your head, where the headache is. And he did that several times, and it seemed to help.

MONROE: You could perceive a reaction, then...

EXPLORER: Yeah...

MONROE: Very good...

EXPLORER: Ok... Now, let me work on this other question. Let's see if I can get this straight... Animals, plants and humans are all souls. Plants could be considered simple souls, animals —most animals— next in complexity, and then humans, the most complex souls, as part of your... like Jane Roberts said... oversoul or personality... You may have plants and animals and human forms making up that total personality. That may explain why humans may have a certain preference for a certain type of dog or certain type of plant that they like or dislike. Cause it may actually be a part of your overall personality. Trees that have lived for a long, long time... although they might be considered simple souls, are also receivers of information... information from their environment that surrounds them... information that is given to the personality.

My guide is saying that he and other guides have pretty much integrated personalities, and are studying the effect of what happens when humans eat animals —animals that have a little less complexity, complexity in terms of their soul— and what that combination does to the humans... In some areas, eating animals does not help in the development of the human mind,

but actually hinders it, and it appears that human minds and bodies benefit primarily by eating the more simpler souls, like plants.

At death of any... of an animal, a tree or plant, or human being, the soul is again being reintegrated into the larger personality, kind of getting a reevaluation of where that personality is at, and what areas they have to explore or change or improve upon, trying to reach the highest, in terms of truth, knowledge, and beauty. Does that make sense?

MONROE: Yes, that helps a lot. What, then, is the progress, is there any real structure to this, or does this just happen naturally? Are there patterns to it?

EXPLORER: Apparently, one pattern that is emerging is that animals are getting better development of their brains, as our humans are getting a better development of their brains, and both animals and humans are looking to plants for food. And the plants seem to be the stabilizing part in the environment—in terms of energy systems. They receive and they give, and that helps both the animals and the humans, and their development. Our plants may be considered as a catalyst.

MONROE: I see. What happens when a human stops being in physical life; in other words, going through what we call «death»? Does he simply become another human again, or what?

EXPLORER: Well, first of all he wants to check with the big personality to find out... a kind of reevaluation of what he has learned in his human life, and what that information has done for the larger personality... Has it contributed,

has it detract or has it raised more questions? And if more questions are raised, or it has taken away from the larger personality, then the larger personality decides whether this person will become plant, animal or another human, to try to answer those unanswered questions, or to gain what they've lost.

MONROE: Can, for example, an animal become a human?

EXPLORER: Yeah... and the next time around, because it's the soul that decides the development. He says the animal soul goes back to the personality, and even that soul evaluates what it has learned. And then the next time around that souls may decide to be more complex and to be human, to answer some of the questions that it couldn't answer when it was an animal.

MONROE: Would a human become an animal?

EXPLORER: Yep...

MONROE: In what conditions would that take place?

EXPLORER: Oh, we have animals here which have been human and actually can think and conceptualize as a human mind can, but their perspective, of course, is animal non-verbal, unless it is encouraged to speak or to talk. It's non-verbal with no need to verbalize... and sometimes maybe humans go back into animal forms to either verify information or to get a new perspective on the things it has learned.

MONROE: I see. Suppose one does not want to come back and be a human again, then what?

EXPLORER: The soul doesn't have any problems with what it would be, whether it would be animal or human... The soul doesn't have a preference as such... it sees it as a job to be done in terms of learning. If the oversoul —the larger personality— decides it needs more information in being a plant, then the soul becomes a plant... and maybe with some specific instructions to interact with different kinds of plants, or different kinds of soil, or with different kinds of human beings —because they are experimenting.

What kind of human being can we develop to give us, to give that person, the awareness of true knowledge, love, and beauty, and all these things? I mean, can such an individual be developed? And therefore, that individual, that human individual may be that personality, may get to the point where it has gotten so much knowledge and so much information that it is actually able to combine itself into one form —whatever that may be— and actually show itself here on this planet...

MONROE: Is this activity peculiar to this planet Earth, or are there other such systems that work?

EXPLORER: There are other such systems that work throughout the universe with different atmospheres and with conditions that are changed with the form of life change, all being experimentation. And therefore, you may even be on one planet for one lifetime and on another planet for another lifetime. Be aware of another possible living on another planet and another time —or at the same time, rather.

MONROE: At the same time?

EXPLORER: Uh, uh...

MONROE: I see. Ask your guide if you are living on another planet at this same time.

EXPLORER: Yep! And it's very cold! It's cold and there is no air like we have here... In fact, I'm really low to the ground, kind of like a blob... Doesn't seem to be much around here... Freezing conditions. Communication isn't talking.. it's not squeaking, but like squealing... and there isn't anything such as day or night, although we «blobs» don't seem to mind that...

MONROE: Does the blob have intelligence, as we know it?

EXPLORER: Oh, yes. I can feel my mind and my brain, just like I can feel it here; it's just that my form is entirely different.

MONROE: It's the same amount of intelligence, then.

EXPLORER: Oh, yeah...

MONROE: In this other one, do they have mechanical contrivances such as we developed here?

EXPLORER: Nope. In fact, their diet is liquid. It's a liquid diet.

MONROE: Do they have names?

EXPLORER: (chuckle) Hi, hi! I got «Blurp» and «Blob»!

MONROE: (*chuckling along*) Ask your guide if he has ever been in physical human form.

EXPLORER: Yes, as a man. Apparently, he was quite a handsome young man.

MONROE: When was this? And where?

EXPLORER: First, what I got was 1938; Philadelphia; San Francisco. Apparently, he found his way all around. He was just down for a short time; he didn't stay too long.

MONROE: Why did he come down for a short time?

EXPLORER: He just wanted to see what it was like; he just wanted to experience. Apparently, he is a very, very old soul and is pretty well integrated, and the time he has spent on Earth was a long time ago. And apparently, no one had taken on human form for thousands of years; and so he wanted to come and just kind of wanted to play around and see what it would be like... he really enjoyed himself.

MONROE: Was he born like any other human is born?

EXPLORER: Nope... He just kind of appeared.

MONROE: Oh, I see....

EXPLORER: He didn't want to come here as a baby; he just wanted to be here as an adult.

MONROE: How did he first appear? What method did he use to do this?

EXPLORER: He just says that he just wanted to take on physical form, and he described exactly what kind of form he wanted to take... and his energy just made him into that; and he just appeared in the middle of a street in a big city, and proceeded on his way... with money in his pockets.

MONROE: Very good. Can we use some form of that same technique while still in our physical form?

EXPLORER: We have a finer energy system like he has, and this is one of the reasons maybe we spend so much time on energy and nutrients, and taking walks, and getting energy; we're going to have to build our energy system. We can make changes with the way we look right now... you know, younger, slimmer, or whatever...

MONROE: How can we learn to do this?

EXPLORER: Well, what he is saying is that the information is there. We're just not taking advantage of it. Then he tells me to go walk in fields where there are a few trees. I mean, if I did that, that would help... I should pay attention to the food that I eat and listen to my mind and not my body, as to whether or not that food is going to do me some good... It would be better... I've conditioned myself to my body... my eating habits... depending on what my body tells me, rather than what my mind tells me. And, you've got to understand, you've got to realize and fully believe that your mind has control of your body. And if your mind says you don't need to eat, you don't need to eat!

MONROE: Do these possibilities apply to others, or just to you?



EXPLORER: Oh, yeah... everybody... you too.

MONROE: Me too.

EXPLORER: Yeah, you too.

MONROE: How can I develop myself into a younger, active energy-filled body?

EXPLORER: Oh, ok... When a plate of food is set before you, listen to your mind as to what you should eat on that plate; don't listen to your body which tells you you should eat everything, or to society or tradition or culture which tell you you should eat everything because it's the right thing to do... Just eat those things that your mind says will make you feel healthier, will make you feel younger... will give you energy.

There are energy foods. Green things are energy foods. Yellow vegetables... not so much energy foods. Food that is cooked too long is not energy food. But your mind can really pick these out. Water is not an energy food, but it's a good transmitter of energy. It makes everything go through all parts of your body. So you definitely should drink lots of water, because it is a transmitter of energy... Nuts are a good thing, but they would be better without so much salt; just fresh nuts.

MONROE: How can we learn better use of the energy itself; better application of it; better growth of it; better manipulation of it?

EXPLORER: First of all, we need to build up the energy in our bodies. Going out of body is one application of energy. Directing thoughts to other people is another one... or of directing energy... and we are constantly sending or receiving energy from one another, except we don't pay attention to it all the time —and we should pay attention to it...

Oh... it's also important to eat in very peaceful, simple surroundings.

MONROE: Alright.

EXPLORER: And never with a lot of noise, because that really disrupts your system.

MONROE: Is there any kind of sound, or noise, or music that we can add that would enhance the eating procedure?

EXPLORER: First, I got pink noise... and then I got chanting. Chanting sounds in the background are very peaceful and quieting, and give you maximum benefit of the energy that you eat... In fact, you should eat more with your fingers and less with utensils, because the utensils take some of the energy away... And a lot of base sounds, low sounds, are very good. Low, base sounds...

END OF RECORDING

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